

Serial No. 10/813,333

PATENT  
Docket No. 75378.010800**AMENDMENTS TO THE SPECIFICATION**

Please replace paragraph [0056] with the following paragraph:

[0056] Shown in FIG. 5D is a guide body 14 with a single metallic side wall 16" affixed to a base 12 and a stick member 18. The stick member is shown with multiple guides 30 and 36 through which the pivot can be inserted. Changing a guide through which the pivot 20 is inserted can be used to raise or lower the magnetic over housing 38 which contains magnets 39 & 39' around a portion of the metallic side wall. The closer the magnets 39 & 39' are brought to the metallic side wall the greater the strength of the interaction between the metallic and/or magnetic region.

Please replace paragraph [0063] with the following paragraph:

[0063] Shown in FIG. 10 is a moving stick exercise device generally designated 60 in which the resistance on the stick member 18 is provided by elastic straps or bands 62 attached to the base 12 and the stick member 18. The guide body 14 continues to act as a guide for the stick member 18 to move within. The use of elastic bands or straps 62 to create resistance in exercise devices is well known therefore a detailed description of the construction is not provided.